

Come back to the hospital if you have:

- Sudden, heavy vaginal bleeding, or any big blood clots
- Bad stomach cramps
- Vaginal discharge with a bad smell
- Fever of 101° or higher
- Red, painful breasts
- Pain, redness or swelling in your legs
- Trouble sleeping, do not feel like eating, Or feeling sad or depressed

Having Problems? Questions?

OB Department
For checkups for you and the baby

Local Hospital or Clinic
For help with any health problems

Public Health Nursing
to have a nurse come to your house to check on you and your baby.

WIC Office
for help with food for you and your baby.

Social Services
for help with housing, money, day care or with family or personal problems.

**Remember—
We're here to help you!**



November 2005
(Postpartum) PP-L

After You Have Your Baby

How Will You
Take Care
of Yourself?
What to Expect



- Your body has changed! Do not worry, it may take up to 3 months to feel like yourself again.
- Many new moms feel tired. Some may even feel a little sad. That is OK.
- You will have some bleeding from your vagina. It should last for 2 to 3 weeks. The color will change from red to pink to white.
- Your breasts will be larger and sore.

If you are bottle feeding, your breasts will go back to normal in about 6 weeks.

If you are breastfeeding, your breasts will stay larger than normal as long as you continue to breastfeed.



It is important for you to take good care of yourself during these first few months.

- Think about when you want to get pregnant again. How will you keep from getting pregnant? It is important to give your body time to recover before you get pregnant again. **You have choices!**
- Take your prenatal vitamins, iron, and calcium for at least 6 weeks. If you are breastfeeding, take them as long as you breastfeed your baby.
- Keep your private area clean to help prevent infection. Use your peri bottle each time you go to the bathroom.
- Do not have sex until after you have seen your provider at your 6 week checkup. You can get pregnant during these first few weeks, even if you are breastfeeding.

- Try to sleep when your baby sleeps.
- Wear a bra with good support.
- Take it easy! Do not lift anything heavier than your baby for the first 2 weeks.
- Accept help from family members and friends. Help your baby's father get to know his baby. Let him help feed and care for the baby.
- Find someone—a friend, a family member, or a professional—to listen to your concerns.

**Most of all,
enjoy your new baby.
This is a
special time
for all of you!**

